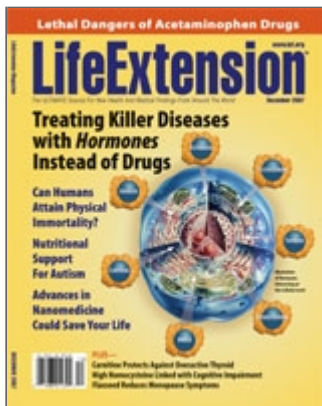


December 2007

On The Cover



Benefits Of Bio-Identical Hormones

In his new book, *Textbook of Bio-Identical Hormones*, Dr. Edward Lichten explains his innovative approach to delay aging and treat chronic disease through optimal hormone balancing.

Reports

MANAGING AN OVERACTIVE THYROID



An overactive thyroid (hyperthyroidism) can lead to osteoporosis, insomnia, and muscle weakness. Researchers have now found that carnitine can enhance cellular energy and modulate the impact of hyperthyroidism.

HIDDEN DANGERS OF ACETAMINOPHEN



The common over-the-counter pain reliever, acetaminophen is a dangerous drug that can lead to liver and kidney disease. Cautious use and concomitant intake of specific nutrients may help prevent acetaminophen toxicity.

HOPE FOR AUTISM SUFFERERS



Growing evidence reveals that the onset of autism may be linked with nutritional and digestive abnormalities. Here, we review specific nutritional approaches that may offer hope for combating this devastating disease.

FUTURE OF NANOMEDICINE



Cutting-edge breakthroughs in nanomedicine are moving this futuristic technology closer to reality. Read how molecular-sized machines inside our bodies may one day precisely detect and treat all diseases.

Departments

As We See It



If it were not for Ray Kurzweil's impressive credentials, the media would have disregarded his predictions about indefinite human life spans in the future. Read what today's forward thinkers are saying about this prospect.

Super Foods



Unique anthocyanins found in tart cherries impart powerful pain relief and protect against neuro-degenerative diseases. Together with antioxidative potential in fighting cancer, tart cherries may indeed be the ultimate super food.

In The News



Anthocyanins fight colon cancer; calcium and vitamin D reduce breast cancer; curcumin improves exercise performance; vitamin E prevents fatal blood clots; vitamin D cuts premature death risk; and more.

Profile



Amy Silverstein's life was suddenly and dramatically changed forever by a heart transplant at the tender age of 25. Her new book, *Sick Girl*, is a brutally honest documentary of her journey through the medical system.

Nutraceutical Update



Rhodiola has been found to provide broad-spectrum protection from a range of daily stressors. This versatile herb is now gaining recognition for enhancing the nervous system and boosting physical endurance.

Book Review



As one of the world's most visionary gerontologists, Dr. Aubrey de Grey's new book, *Ending Aging*, establishes a cogent, science-based argument for new methods to indefinitely extend our life span.

Journal Abstracts

Acetaminophen, Nanomedicine, Thyroid, and Rhodiola

Magazine 2007 Archives

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